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A portrait of Dr. Charles Hammond, a middle-aged Black man with a mustache and glasses, wearing a dark blue pinstripe suit, white shirt, and blue patterned tie. He is looking directly at the camera with a serious expression. The background is a blurred library or study area with bookshelves.

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GETTY IMAGES

'AN ACT OF TERROR, AN ACT OF HATE'

LGBT community in stunned mourning as death toll in
worst mass shooting in U.S. history rises to 50. 4

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A coastal storm could put a damper on Father's Day. GETTY IMAGES

BOLARIS' WEATHER WATCH: COASTAL FOR DAD?

My dad passed away way too soon, and he never had the chance to see me achieve my childhood dream of becoming the CBS TV weatherman. However, I knew he was still there by my side as my very first TV contract was signed Oct. 7, 1987, four years to the day he passed. Thank you, Dad, for helping me live my dream. I was truly blessed.

You might be asking why have the last 12 years become so special? Well, as any dad would tell you, there is nothing more loving and special than a daddy's love of his daughter. On this

coming Father's Day, I will put away all communication in my crazy world (my 12-year-old daughter tells me now to get rid of the phone) and it's nothing but father-daughter time.

Whenever I see her, everything that might be going on in my life or the world melts away. As I write this and see the news and the endless sea of innocent deaths, it only increases my concerns as my beautiful, wonderfully sensitive child starts to venture into this unknown world of horrific violence. I worry so deeply about her, and I know

you as parents have the same overwhelming concerns.

Now back to something I can write about without emotion: the weather.

Most of this week is looking fantastic, with plenty of sunshine and low humidity that should take us right through midweek.

However, the models are hinting that a slowly evolving coastal storm might start to take shape Friday near the mid-Atlantic coast and start to spread rain northward up and along the coast. It appears the biggest threat is from Philly and

points south in the early part of the weekend.

One model is suggesting the coastal storm may actually get pulled back westward toward the Northeast, meaning a rainstorm for the Northeast coast on Father's Day as far back as the I-95 corridor. This would be very unusual for this time of year, although we still have plenty of time to see if this turns out to be fact or fiction. Confidence level at this early time frame is very low.

Even if it does rain on Dad's Day, in the grand scheme of things, it's really no big deal.



Bolaris' Weather Watch

JOHN BOLARIS
@weathersavior

New York

Monday: Wind-blown sunshine, 80

Tuesday: Sunshine, 81

Wednesday: Sunshine, 85

Thursday: Scattered afternoon showers, 80

Friday: Windy, showers, 73

Weekend

Uncertain depending on coastal storm formation
If storm remains offshore then expect sunshine and temps around 80

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LGBT communities reeling in wake of worst mass shooting in US history

On Sunday, 50 people were killed and more than 50 were injured in a massacre outside a gay nightclub.

ALEXIS SACHDEV
SAM NEWHOUSE
SPENCER BUELL
letters@metro.us

The nation and LGBT communities were in stunned mourning as the toll from a massacre early Sunday at a gay nightclub in Orlando, Florida, rose to 50 dead and 53 wounded, making it the worst mass shooting in U.S. history.

The gunman, identified as Omar Mir Sedique Mateen, 29, was shot and killed in a gun battle with police after shooting his way into the club, Pulse, then going on a killing spree with a semiautomatic rifle and handgun.

Mateen reportedly was born in New York to Afghan parents. In a 911 call, Mateen pledged his allegiance to ISIS, the militant Islamists who have overrun parts of Syria and Iraq. According to his father, Mateen detested homosexuals.

In a nationally televised speech Sunday afternoon, President Barack Obama labeled the attack an "act of terror and an act of hate."

"We know enough to say this was an act of terror and an act of hate," Obama said. "The FBI is appropriately investigating this as an act of terror. We will go wherever the facts lead us. What is clear is he was a person filled with hatred."

As the names of victims began to be released, gay clubs organized vigils, while police stepped up security at Pride events.

New York

The NYPD issued assurances that it can safe-



People gather outside of New York City's Stonewall Inn as a vigil is held following the massacre that occurred at a gay nightclub in Orlando, Florida, on Sunday. GETTY IMAGES

guard the city's Pride events culminating in the annual parade Sunday June 26.

"The NYPD is always in a state of vigilance and our anti-terror capacity will ensure a safe upcoming Pride Week," the department said in a tweet.

The city's gay clubs offered condolences to the victims and their families.

The Stonewall Inn, famously known as the site of the 1969 Stonewall Riots that many consider the birth of the gay rights movement, planned to hold a vigil Sunday night organized by the Stonewall Democrats.

"Our thoughts and prayers are with the victims and families in Orlando. We stand in solidarity and in sadness with our entire LGBT community," the organizers posted.

Other vigils planned Sunday night included a gathering at Diversity Plaza in Jackson Heights with Muslim and LGBT

activists to "denounce violence in all its forms and pay their respects to the victims of the Orlando terror attack," and an interfaith vigil at Harlem's Judson Church.

The cast of the Broadway smash "Hamilton" announced it would be performing at the Tony awards Sunday night without prop guns because of the shooting.

New York Mayor Bill de Blasio and Gov. Andrew Cuomo ordered flags in the city and state to be flown at half-staff in remembrance of the 50 victims.

Boston

Security was increased for Sunday's Pride events as news spread of the massacre in Orlando.

"When we woke up and read the news, we were horrified," Pride president Sylvain Bruni said. "The fact that a gay venue was targeted, whether that was specifically the motive or not, goes to our hearts because we are celebrating



Omar Mateen DRIVERS LICENCE PHOTO

Pride right now."

Boston Police Commissioner William Evans said earlier Sunday that his department would be providing additional support to LGBT clubs in the city.

"Clearly, this was a hate crime geared at the gay population, and we're going to make sure they are safe," Evans told reporters.

Bruni urged the LGBT community not to be deterred by the shooting.

"We are not afraid,"

he said. "We should be having a celebration of pride and who we are. The city has our back. The city has stepped up greatly."

David Goulart, 44, of Quincy, said the LGBT community has stood together through challenging times in its history.

"I don't think the gay community has ever been the community to sit back and live in fear," he said. "We're just not that kind of group."

Philadelphia

Philly's Pride Day parade was underway as the full horror of what had occurred in Orlando became apparent. Revelers marched through the Gayborhood and Old City on Sunday, but the day's festivities were tinged with sorrow.

"The hearts of the staff, management and owners of Woody's along with Philly's LGBTQ community are heavy this morning," Woody's wrote on their Facebook page.

Voyeur Nightclub

echoed that statement, writing, "We join our LGBTQ family at Woody's in praying for our LGBTQ brothers and sisters in Orlando today."

Philadelphia director of LGBT affairs Nelli Fitzpatrick wrote on Facebook that police were increasing their presence at the Pride parade, but had no reports of any threats of similar violence.

"They have no reason to believe that there are any similar threats for [Sunday's] Philly Pride events," Fitzpatrick wrote in the post. "However, [Philadelphia Police Department] will be taking all necessary precautions for [Sunday's] parade and festival to ensure a safe event for everyone."

A vigil for the victims is planned for 6:30 p.m. Monday outside City Hall.

Additional shooting coverage on pages 8, 11, 12, 14, 16, 20

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Gunman in worst US massacre described as 'quiet,' with few friends

The photo from Omar Mateen's high-school yearbook is hardly remarkable — a toothy, dimpled smile with a peach fuzz mustache below a mop of black hair.

But his transformation from high school football player to perpetrator of America's worst mass shooting raises questions over whether authorities, and the security company where he worked, missed red flags over the depth of his apparent sympathies with Muslim extremists and whether the United States has a clear strategy to turn Americans away from radicalism.

In Fort Pierce on Florida's southeast coast, 120 miles from the shooting, the imam at the mosque that Mateen attended for nearly 10 years described him as a soft-spoken,



Omar Mateen MYSPACE

regular worshipper who rarely interacted with the congregation.

"He hardly had any friends," Syed Shafeeq Rahman, who heads the Islamic Center of Fort Pierce, told Reuters. "He would come with his little son at night to pray and after he would leave."

Rahman said Mateen never approached him regarding any concerns about homosexuals.

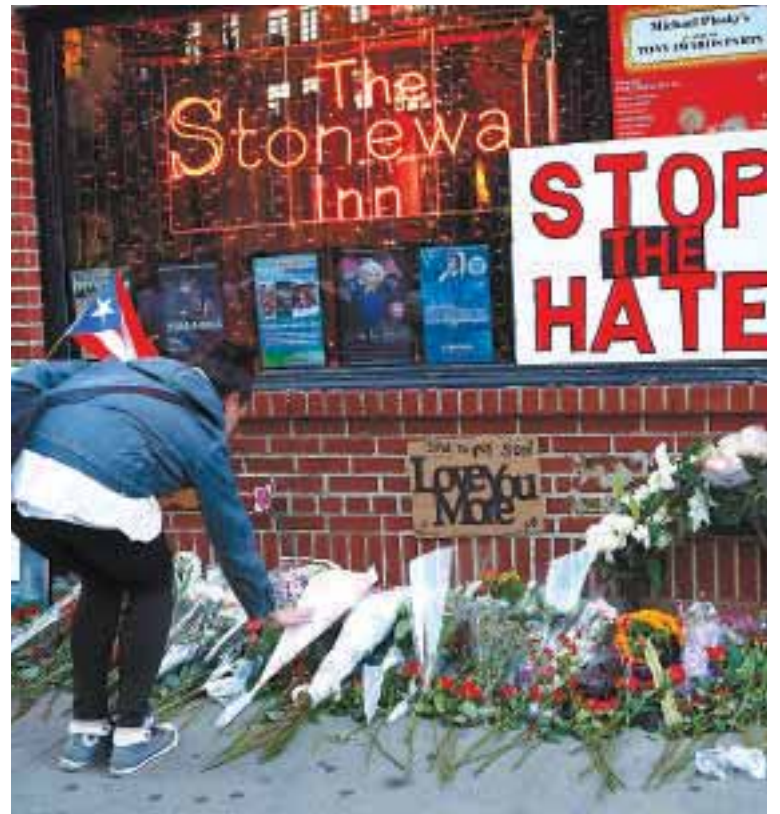
Mateen spent most of his life in Florida, attending Martin County High School in Stuart, a small city about a 20-minute drive from the Fort Pierce condominium where he had most recently lived.

Samuel King, who was one year ahead of Mateen, said the two often spoke after Mateen graduated in 2004. King worked as a waiter at Ruby Tuesday's restaurant at Treasure Coast Square, a mall where Mateen worked at GNC, the nutrition store, he said.

While at GNC, Mateen lifted weights and "got really buff," King said, describing Mateen as gregarious and talkative in the immediate years after high school. "Something must have changed" since he last saw him, he added.

REUTERS

Mourners remember victims of mass shooting at Orlando nightclub



Flowers are placed at a makeshift memorial in front of the Stonewall Inn where a vigil was held following the massacre that occurred at a gay Orlando nightclub on Sunday in New York City. GETTY IMAGES



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BRIEF

Thousands flee Fallujah using first safe exit route secured by Iraqi army

The Iraqi army said on Sunday it had secured the first safe exit route for civilians to leave Islamic State's besieged stronghold Fallujah, and a Norwegian aid group said thousands of people had already used it to flee in the first day it was open.

While it pressed on with its offensive in Fallujah, the army also launched a fresh advance

in the direction of the northern city of Mosul, Islamic State's de facto Iraqi capital, under cover of airstrikes from a U.S.-led coalition.

The assaults by the Iraqi army are taking place at the same time as advances against Islamic State by U.S.-backed fighters and Russian-backed Syrian government forces in Syria, at the opposite end of the militants' self-proclaimed caliphate.

Fighting on a range of fronts in both Iraq and Syria in recent weeks amounts to some of the biggest pressure on the militants since they swept across much of Iraq and Syria in 2014 and declared their rule over all Muslims from territory that is home to millions of people.

In Iraq, the government launched a major operation last month to recapture the Islamic State bastion of Fallujah, an hour's drive from Baghdad.

Prime Minister Haider al-Abadi has said troops are delaying advances to protect civilians. The United Nations fears for the fate of up to 90,000 people believed trapped inside Fallujah with little food or water.

The new exit route, known as al-Salam (Peace) Junction, was secured on Saturday, southwest of Fallujah, Joint Operation Command spokesman Brigadier-General Yahya Rasool told Reuters. REUTERS

PEDAL TO THE METAL

Both major parties are rapidly turning to the general election now and hoping to unify their bases. But the real race is for the center — all those independents who will decide the vote and who pretty strongly dislike the presumptive nominees. So load up, gas up and release the parking brake. Here are my three things to watch this week in politics.

TOM FOREMAN

Opinion

CNN's Tom Foreman is the author of the new book "My Year of Running Dangerously."



won't hurt.

1. TRUMP'S TRUMPET

Up until now it has all been skirmishing; this week Donald Trump will floor it in his attacks on Hillary Clinton. In a widely anticipated speech, Trump is expected to rip her character, her decision making, and her trustworthiness — laying out what could be the battle plan for the Republicans all the way to November. Watch to see if he uses a teleprompter. Without one he can be fiery, but if he sticks to a script that could be a sign of something GOPers have prayed for and Dems fear — a more disciplined and potentially potent candidate.

2. WORKING IT

Clinton has issues in the Rust Belt where her stance on trade deals has alienated some working folks. Trump has responded by saying he'll target Pennsylvania, Ohio, Michigan and Wisconsin. That may explain why she's heading to that part of the country this week, hoping to shore up support. A little good news for her camp: The largest labor union, the AFL-CIO, is expected to endorse her this week. May not help, but certainly

3. ON THE ROAD AGAIN

The polls say plenty of Americans are not big fans of President Obama's home game, but on the road he is a two-time champion. We'll find out if he still has the power to turbocharge a campaign when he hits the trail to help Clinton. What to watch? Presidents have a way of overshadowing the polls they are trying to help, and if Clinton feels too much shadow they could wind up working mostly separate stages until the fall.

BRIEF

Bomb blast in central Beirut aimed at bank

A bomb exploded outside the headquarters of Lebanese Blom Bank in central Beirut on Sunday, causing damage but no fatalities, the interior minister said.

There was no immediate claim of responsibility.

The Lebanese banking sector has been at the centre of an escalating crisis since the United States passed a law requiring banks to take steps to target the finances of the armed Shi'ite political group Hezbollah.

Lebanon's central bank has pushed its commercial banks to heed the U.S. act, and Blom Bank is one of those that has closed accounts belonging to people suspected of links to Hezbollah. The group had no immediate comment on the blast.

The Lebanese Red Cross said two people had suffered

minor injuries in the blast, which took place around 8 p.m. in the Verdun area of Beirut, the National News Agency reported.

Local television showed footage of a damaged building, with one hole in a concrete wall, and said shattered glass had fallen to the ground from several storeys up.

The head of Lebanon's internal security force, Ibrahim Basbous, said the bomb had contained around 15 kg of explosive material and had been placed in a flower bed, the National News Agency said.

Interior Minister Nohad Machnouk said: "Politically it is clear that the target was Blom Bank only."

He said the attack had nothing to do with the militant group Islamic State, which has mounted suicide bombings in Beirut. REUTERS

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Police probe motives of Orlando gunman

Law enforcement officials were probing evidence suggesting the attack may have been inspired by Islamic State militants, although they said there was no proof that Mateen had worked directly with the group.

"It has been reported that Mateen made calls to 911 this morning in which he stated his allegiance to the leader of the Islamic State," said Ronald Hopper, the FBI's assistant special agent in charge on the case.

U.S. officials cautioned, however, they had no conclusive evidence of any direct connection with any foreign extremist group.

"So far as we know at this time, his first direct contact was a pledge of bayat (loyalty) he made during the massacre," said a U.S. counterterrorism official. "This guy appears to have been pretty screwed up without any help from anybody."

Still, the shooting was nearly certain to reignite emotional debates over American gun laws and homeland security in the midst of a U.S. presidential race shaping up to be a vitriolic campaign between Democrat Hillary Clinton and Republican

Donald Trump.

The Florida shooting evolved into a hostage situation, which a team of SWAT officers ended around dawn when they used armored cars to storm the club before killing the gunman. It was unclear when the victims were killed.

The number of dead shocked officials in Orlando, a city of 270,000 people and home to tourist attractions including the Disney World resort. They had initially put the death toll at 20.

"We're dealing with something that we never imagined and is unimaginable," Orlando Mayor Buddy Dyer said. He said 39 people died inside the club, two outside, and nine others died after being rushed to the hospital.

Orlando Regional Medical Center hospital said it had admitted 44 victims, including nine who died, and had carried out 26 operations on victims.

The city of Orlando began releasing names of the victims on Sunday, with the first four identified as Edward Sotomayor Jr., Stanley Almodovar, Luis Omar Ocasio-Capo and Juan Ramon Guerrero. **REUTERS**



FBI Assistant Special Agent in Charge Ronald Hopper, law enforcement and local community leaders speak during a press conference Sunday in Orlando, Florida. **GETTY IMAGES**

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BRIEF

Sanders says he will meet with Hillary Clinton on Tuesday

Bernie Sanders said he will meet with his rival Hillary Clinton on Tuesday to press her to embrace his progressive agenda, saying he wants to know what she will stand for if she becomes president.

Speaking on ABC's "This Week" program Sunday, Sanders did not concede he had lost the Democratic presidential nomination to Clinton, who is leading in Democratic primaries and is the party's presumed nominee.

Sanders said he and Clinton would discuss "if she wins, what

kind of administration she will have."

"What I need to see [is] a commitment that there will be progressive taxation," he said, saying corporations and billionaires should pay higher tax rates.

He repeated his stance that he would do "everything I can" to ensure Donald Trump, the presumptive Republican nominee, would not become president.

Sanders said he wanted to see Clinton embrace his view that health care should be a universal right in America and public universities should offer education free. **REUTERS**

Trump quickly ties shootings to Islamists

GOP candidate tweeted that the massacre had proved that he was “right on radical Islamic terrorism.”

In the wake of the deadliest shooting in U.S. history, Republican presidential candidate Donald Trump wasted little time suggesting the attack was tied to Islamist militants, while his Democratic rival, Hillary Clinton, initially did not make that connection.

As President Barack Obama on Sunday addressed the nation about the incident that killed 50 people and wounded 53 at a gay nightclub in Orlando, Florida, Trump assailed him for his long-standing refusal to refer to Islamic State and other extremist groups as in part representing the religion of Islam.

“Is President Obama

going to finally mention the words radical Islamic terrorism?” Trump tweeted as the president was speaking. “If he doesn’t he should immediately resign in disgrace.”

Trump in a later tweet claimed the gunman shouted “Allah hu Akbar!” during the attack. U.S. officials as yet have not provided any information that such an incident occurred.

A gunman armed with an assault rifle attacked the Pulse nightclub at about 2 a.m. Sunday, ending in the worst mass shooting in U.S. history.

In his remarks at the White House, Obama said the investigation into the shootings was ongoing and declined to speculate on the motives of the shooter.

“We’ve reached no definitive judgment on the precise motivations of the killer,” Obama said. “The FBI is appropriately inves-



Donald Trump GETTY IMAGES

tigating this as an act of terrorism.”

Similarly, Clinton, in a statement, called the attack an “act of terror” but did not speculate as to the ideology of the gunman, identified by authorities as Florida resident Omar Mateen.

“Law enforcement and intelligence agencies are hard at work, and we will learn more in the hours and days ahead,” said Clinton, the likely Democratic presidential nominee.

During the campaign for the Nov. 8 presidential election, Trump has proposed a temporary ban on Muslims entering the United States as a means to combat the threat of militant attacks. REUTERS

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###FASTTRACK

Heavily armed man arrested near LA gay pride festival

Authorities took a suspect into custody in West Hollywood, California, after discovering an arsenal in his car.



Police investigate a car in Santa Monica, California, on Sunday believed to belong to a man who was arrested for reportedly having weapons, ammunition, and possible explosives and was reportedly headed to the gay pride parade in Los Angeles. GETTY IMAGES

A heavily armed man who said he was heading to a gay pride parade in Los Angeles was arrested early on Sunday, Mayor Eric Garcetti said.

Garcetti, speaking at the opening of the LA Pride Festival, expressed his horror at the massacre at a gay nightclub in Orlando, Florida, early Sunday and said it appeared the arrest near Los Angeles was unrelated to the Florida attack, in which 50 people were killed and 53 injured.

Garcetti pledged that

the Los Angeles festival would proceed.

He said the arrest occurred after a tip from a suspicious resident. FBI spokeswoman Laura Eimiller said the arrest was made by Santa Monica police and that the FBI was assisting in the investigation.

According to law enforcement officials cited by the Los Angeles

Times, a search of the suspect's car turned up several weapons, ammunition and explosive powder was found in the vehicle.

Santa Monica Police declined to comment on the incident and referred calls to the FBI, as did the Los Angeles Sheriff's Department, which also assisted in the arrest. REUTERS

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*Open label study of 21 women over 56 days. Assessment of a functional food on the quality of the skin on a panel of volunteers, STUDY 14E3080, Centre de Recherches Biologiques et d'Experimentations Cutanees, 16.1.2016. ** The Effects of a Dietary Supplement Containing Astaxanthin on Skin Condition, Eiji Yamashita, Life Science Division, Fuji Chemical Industry Co. Ltd., 55 Yokohooji, Kamiichi, Toyama 930-0397, Japan.

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Some US lawmakers press for gun control after Florida shooting

The deadliest mass shooting in U.S. history prompted calls on Sunday by some members of Congress for legislation to tighten control of weapons sales, although there are slim hopes for much change after 50 people were killed at a Florida nightclub.

Democratic Sen. Robert Casey said he would announce a bill on Monday that would ban anyone convicted of a misdemeanor hate crime from owning a firearm.

Under current law, those with felony convictions are prohibited from buying or possessing a gun, but those convicted of misdemeanor hate crimes are not. Casey's bill is called the "Hate Crimes Prevention Act"



Sen. Robert Casey GETTY IMAGES

He planned to make the announcement in his home state of Pennsylvania, after a meeting with members of Pittsburgh's lesbian, gay, bisexual and transgender community. Lawmakers, including

some Republicans, have pressed for stricter gun laws after earlier mass shootings, but the measures have failed to gain enough support to become law. Backed by the powerful gun industry lobby, many members of Congress strongly resist any restrictions on weapons sales, saying they threaten Americans' constitutional rights.

Other Democratic lawmakers also called for Congress to act after Sunday's attack in Orlando, some in very strong terms.

Democratic Sen. Chris Murphy said the "epidemic" of gun violence would continue if Congress does not act and that lawmakers shared responsibility.

REUTERS

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THOUSANDS of knee arthritis sufferers flock for this advanced medical treatment - How they relieved pain while so many continue to suffer

Knee Arthritis Pain: The Untold Story

Why patients come from all over the Tri-State area for this knee arthritis pain treatment and why waiting can decrease your chance to live a pain free, life again

By Matt Edger - America's Health Writer

NY Pain MD, a center for Non-Surgical Medical Relief For Spine And Joint Pain Relief, is a medical clinic with multiple locations in New York City that has treated thousands of knee arthritis patients. Here is what every knee arthritis sufferer should know about the best treatments and options available today. And why waiting can drastically decrease your chances to live a pain free life again.

The information you are about to read can possibly save you from years and years of agonizing knee pain. It might even keep you from getting total knee replacement surgery. *Please pay careful attention.*

What you are about to read is a cutting-edge medical treatment... but it is NOT what it appears to be at first glance. In fact, I'm going to have to ask for a bit of patience from you if you have already *unsuccessfully* tried any (or many) other knee arthritis pain treatments. You see, many knee arthritis sufferers had already tried what seemed to be similar treatments to what we are going to talk about and *did not get the results they wanted*. But I assure you there is something VERY DIFFERENT about the technology and the way we do this treatment that can possibly make it much more effective for many... and it often gets results when many others have failed.

This is why patients come from all over the tri-state area and beyond to have their knee arthritis pain treated here

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. In fact, it is impossible to predict results and there are no statistics proving what the "average" patients can expect. Everyone is individual and gets individual results - so we never tell anyone to expect the same results as any of our other patients. **But to be 100% clear** - many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

What Are Treatments Like?

Treatments are simple, fast and virtually painless. The total time of the procedure itself is only 10 minutes and most say it is like getting a flu shot. You walk out of the clinic just minutes after your procedure.

But There Is A BIG Problem

The key is the treatment must be **EXTREMELY PRECISE**. Often ignored by many other clinics, if the procedure is just slightly off, the medication will not get into the knee joint and the treatment will not work.

That's why the experts at **NY Pain MD** use what they call "Precision Arthritis Targeting Technology" or **P.A.T.T.** so they can see the medicine going directly into the knee joint - in live motion- during the treatment.

Research shows that doctors performing procedures without Precision Arthritis Targeting can miss the joint as much as 30% of the time. If you had viscosupplementation (or Stem Cells or PRP) without the exactness of P.A.T.T. and did not get good results - this may

"I cannot ask for better results"



Dr. Stanley Weiner, M.D., Surgeon

I had (replacement) surgery scheduled last year. Three months before I made an appointment.... I was amazed at the ease with which I was evaluated and the treatment schedule implemented. **The results I had at NY Pain MD were outstanding. I cannot ask for better results.** After the treatment I was able to go back to work with no discomfort at all. They use a digital monitor to locate the space that they use the treatment for and it's... it's like exact science. **Dr. Stanley Weiner MD**

"I don't have any pain any more"



After I had the treatments... the last turncup...

"Hey this feels terrific"



I was diagnosed bone on bone about 2 years ago I went to see an Orthopedic Surgeon and he said my knees were shot and I need to get them replaced. The NY Pain guys said after looking at x-rays they could help. **That procedure is so basic so simple so quick in 15 minutes you are in and out.** When I got up out of the chair I stood up and I said, **"Hey this feels terrific."**

"I feel like a new woman - It's amazing."



arthritis pain reduced more

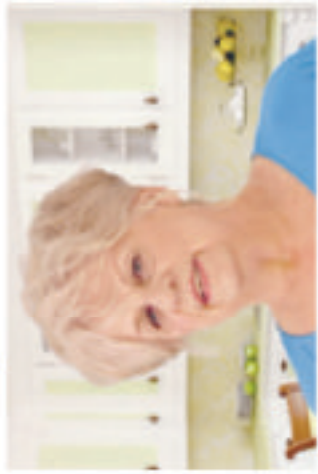
be why.

I just go right to the golf course. I'm able to

The pain was excruciating like 24/7. Nothing I took over-the-counter would work so I knew it was something more serious. When I saw that my condition was not getting any better, I decided to do something about it and I immediately made an appointment - I went back to my dancing and my mobility is indescribable. I feel like a new woman - It's amazing.

I just go right to the golf course. I'm able to keep up with these guys who walk - I'm right next to them! My guys on the golf course would say Hey, look at this he doesn't need us to put the ball up any more. When I'm playing on the course I don't have any pain any more I don't have any aches and pain. I'm out there playing!

"I feel like a new woman"



I came to the clinic because I was not sleeping at night. My leg was pounding. There were times when I sat too long the knee would tighten up. I would get in pain and I would be miserable and I would have it for the whole night. After the treatment I goof around with my grandchildren. I feel like a new woman. It's great. I know I don't have to sit on the couch and be in pain and I can just pick up and get dressed and go out. It was so gentle.



"I am ecstatic with the results of this procedure"

One day, as I was running, my knee got tighter and tighter. I had to stop and just walk home. They x-rayed me and said I was a candidate for it. You sit there for about 2-3 minutes and then you are up and walking out the door. I am ecstatic with the results of this procedure because I could not run just weeks before. I ran my race without any issues. I felt good - it just opened a door that was closing.

"I Can Finally Live My Life"



Prior the the relief center I was taking (9-30) and I was becoming addicted to it and it was damaging my health. Since the treatment, I've been able to be less dependent on them. I don't feel helpless anymore. Since going through the procedure I can finally live. I can finally live my life.

Would You Like Instant Proof?
If you want instant proof - you can just look at all the actual patient testimonials we have included. These patients were once skeptical just like you... and are now either pain free... or eliminated quite a bit of their pain.

Here's the most important thing: Many said they saw this information SEVERAL times before finally deciding to take action and give us a call. As you can see - they are happy they did.

Once crippled with knee pain, they are playing golf again, dancing again, riding bikes again and going for long walks again.

But We Do Get One Very Common Complaint
And it is: *"I wish I started this treatment much sooner."* Let's be very clear about this. Time is the most precious thing. There is no way to slow it down - or get any back once it is gone.

All the more reason for you to not suffer even one more second than you have to. Missing life suffering in pain is a tragedy. Isn't it time for you to get rid of your knee pain and start living the life you want and deserve?

And please understand this: One of the keys to success in medicine is early diagnosis and treatment. Like many diseases, arthritis only gets worse over time. The longer you wait - the more damage to your knee and eventually - the more pain. If you wait "past the point of no return", the entire knee joint can be degenerated and your ONLY option will be total knee replacement.

If you are suffering with knee arthritis pain, here is why you should act NOW:
When you have arthritis, you suffer a decrease in the lubricating fluids in your knee. In other words, your knee joints basically "dries up." The lubricating fluid that decreases is called "synovial fluid". Pharmaceutical companies can now make synovial fluid-like compounds that... during treatments... doctors precisely and directly apply these gel-like medicines into the knee joint. This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating pain.

Another Important Factor
Viscosupplementation medications also come in several different brands and chemical make-ups. Just like all medications, some people respond better to some than others. While many doctors only use one type or brands, the experts at **NY Pain MD** use several and great effort is taken to figure out which is best for YOU.

**What To Do Next If You Are In Pain
Your Special Invitation**

NY Pain MD offers a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get their questions answered and find out if they are a candidate for one of the cutting-edge treatments offered at **NY Pain MD**.

For a complimentary screening, call 800-227-KNEE. The screenings fill up fast every month. This screening is no cost and there is no further obligation. Call 800-227-KNEE to schedule your screening. Many of the procedures offered at **NY Pain MD** are often covered by many insurance plans, union plans injuries and even Medicare. Call 800-227-5633 to schedule your screening.

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Orlando shooter called 911, swore allegiance to Islamic State

Omar Mateen had twice been interviewed by FBI agents, in 2013 and 2014, after making comments to co-workers indicating he supported militant groups, but neither interview led to evidence of criminal activity, the FBI's Hopper said.

A dozen unmarked police cars had gathered around a Port Saint Lucie house that appeared to be linked to the gunman.

If confirmed as an act of terrorism, it would be the deadliest such attack on U.S. soil since Sept. 11, 2001, when al Qaeda-trained hijackers crashed jetliners into New York's World Trade Center, the Pentagon and a field in Pennsylvania, killing some 3,000 people.

The Orlando attacker was carrying an AR-15



FBI agents investigate near the damaged rear wall of the Pulse nightclub. GETTY IMAGES

style assault rifle and a handgun, Orange County Sheriff Jerry Demings said. He also had an unidentified "device," said Orlando Police Chief John Mina.

The choice of target was especially heart-wrenching for members of the U.S. lesbian, gay, bisexual and transgender community, said LGBT

advocacy group Equality Florida.

"Gay clubs hold a significant place in LGBTQ history. They were often the only safe gathering place and this horrific act strikes directly at our sense of safety," the group said in a statement. "We will await the details in tears of sadness and anger." REUTERS



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A Humanitarian HamilTonys

Broadway's biggest night reminded us of what's really important



T. MICHELLE MURPHY
@TMichelleMurphy
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Before the Tony Awards even started, "Hamilton" had already taken home two of the record-breaking 16 trophies for which it had been nominated. And 60 seconds before the broadcast, first-time host James Corden offered a word of solidarity from the Broadway community to the victims of Sunday's mass shooting in Orlando, Florida. The themes of this year's ceremony were established right away: It was going to be a night of celebrating this year's hottest musical, as we all expected, but also a night of camaraderie in the face of inexplicable tragedy.

In that vein, the opening number of the show mirrored the start of Broadway's runaway hit. The rap lyrics were changed to give viewers a cheeky introduction to Corden, though he won his own Tony Award for "One Man, Two Guvnors" in 2012. The bit continued to focus on Corden's credentials as both an actor and all-around theater-lover, working hard to charm the audience with a mash-up of highlights from some of the most beloved musicals of all time.

It set the tone for what happened to be one of the most musical Tonys of all time, thanks to a special new segment inspired by Ham4Ham



Lin-Manuel Miranda of "Hamilton" performs onstage during the 70th Annual Tony Awards. GETTY IMAGES

(free shows outside the Richard Rodgers Theatre before each performance of "Hamilton"). Lucky fans outside the Beacon Theatre were treated to a series of snippets from all-time favorite tunes like "Tomorrow" and "The Circle of Life" performed by a rotation of current casts.

Performance highlights from the candidates for Best Musical included "Broadway Blues" from "Shuffle Along" (notably featuring Audra McDonald, who has recently announced that she will be stepping away for maternity leave in July), some roof-raising from the cast of "The Color Purple," a breathtaking solo from

Jessie Mueller during a "Waitress" medley and a surprise appearance by Gloria Estefan during a fun combo from "On Your Feet!"

Of course, the most highly anticipated performance of the night was the arrangement from "Hamilton," introduced by the Obamas and performed meaningfully without muskets. The show wound up taking home a total of 11 Tonys, including Best Musical. Helping drive home the themes of the night, another big winner of the night was new drama "The Humans," about the quiet battles of a normal American family, with four wins of six, including Best Play.

Must-try

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Magnum is making ice cream the dessert du jour, having tapped ambassadors like Hailey Baldwin, Kendall Jenner and Suki Waterhouse to promote the brand this summer. The SoHo pop-up is the company's first U.S. storefront, where you can customize your own ice cream bar with plenty of experimental toppings such as rose petals, goji berries and espresso sugar. The dipping bar will close shop Aug. 7, so be sure to play Top (ice cream) Chef while you still can. CHLOE TSANG



SCOTT GRIES/AP FOR MAGNUM



JASON DECROW

Awards

Best Performance by an Actor in a Leading Role in a Musical
Leslie Odom Jr., *Hamilton*

Best Performance by an Actress in a Leading Role in a Musical
Cynthia Erivo, *The Color Purple*

Best Performance by an Actor in a Featured Role in a Play
Reed Birney, *The Humans*

Best Performance by an Actress in a Featured Role in a Play
Jayne Houdyshell, *The Humans*

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Drag dining is back



The city's best drag night has found a new home at Stage48. PROVIDED

Lucky Cheng's
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Hell's Kitchen.

ALISON GOLDBERG
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There's been a serious void in our dinner-and-drag options since Lucky Cheng's closed in 2014. Thankfully, the bachelorette party staple has found a new home in Hell's Kitchen.

The show has come back kicking on the third floor of West Side nightlife hub Stage 48, which also houses Cantina Rooftop (so plan your pre- and post-show partying accordingly). There's more space to play, and expect some high-tech improvements. And while food was, ahem, always secondary to the fun at Lucky Cheng's, that may change as chef Gonzalo Golin fuses Asian and Mexican flavors.

Lucky Cheng's opened in 1993 as an East Village novelty, and in fact claimed to be the first restaurant in



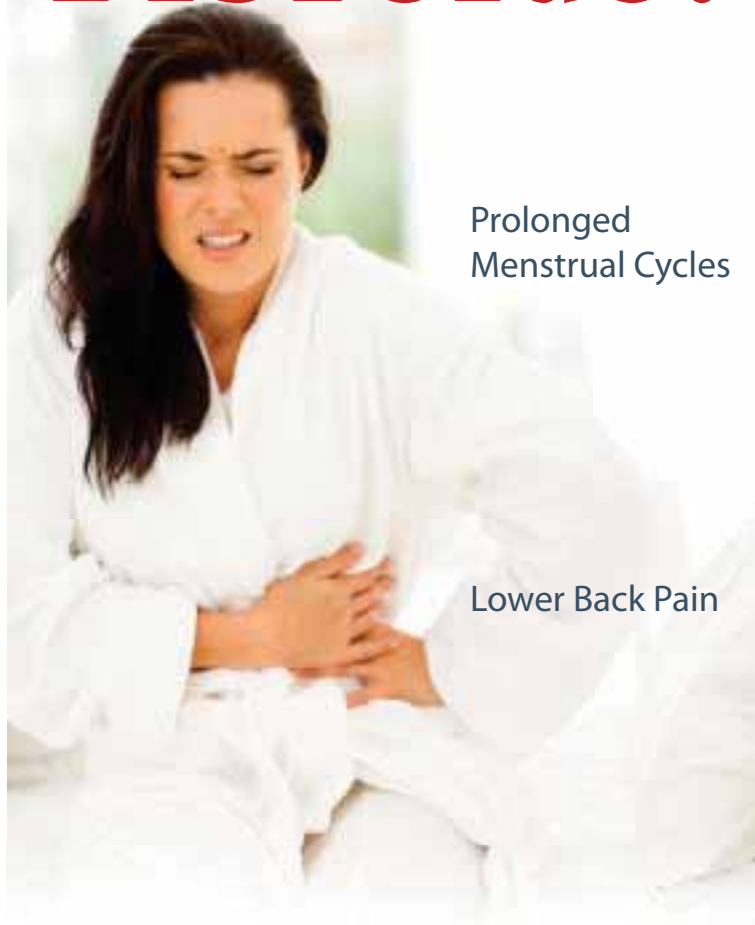
Show schedule

For now, shows are just twice a week — Fridays at 7 p.m. and Saturdays at 6 and 8 p.m. — but the club is aiming to return to a daily schedule. And heads up: Friday night's \$50 admission includes a round of shots for the table (or unlimited soft drinks).

the world operating with drag queen servers, bartenders and entertainers. Some of the biggest LGBT entertainers, including Laverne Cox and Bob the Drag Queen from "RuPaul's Drag Race," have been part of the over-the-top acts through the years.

In 2012, the show moved to more high-profile digs on West 48th Street in Times Square but closed in July 2014, blaming rising rent.

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- ☒ Coldness in your lower leg or foot
- ☒ Slower growth of your toenails
- ☒ Shiny Skin on your legs
- ☒ No pulse or a weak pulse in your legs or feet
- ☒ Erectile dysfunction in men

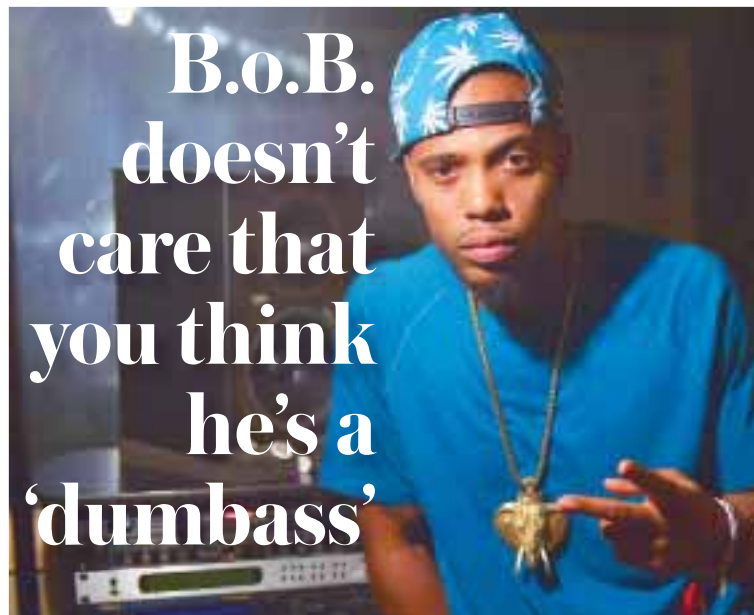
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B.o.B. doesn't care that you think he's a 'dumbass'



In fewer than 10 words, his Twitter bio says it all: "I like to provoke thought, and piss off sheeple." GETTY IMAGES

I got a text one day and it said, "I know you're probably not going to believe me, but this is Taylor Swift."

CHLOE TSANG
@itschloet
letters@metro.us

Bobby Ray Simmons Jr., who goes by the stage name B.o.B, wants the world to know that he doesn't care what you think of him. The Georgia-born rapper became internet famous back in January after posting a series of tweets insisting that the world is flat. "Some people think I'm a disinformation agent, and some people just think I'm a dumbass," he tells us. "I really don't care what people get or what they take from me."

B.o.B is halfway through his STFU tour with fellow rappers Scotty ATL and London Jae. We spoke with the 27-year-old just before his show in Spokane.

You've had quite the year. How do you think you've evolved from your experiences?

You have to remain a student. In martial arts, even the master has to be a student. You can't ever feel like you know everything and you've got it all the way figured out. Because if you do that, you'll never reinvent yourself. It's like you memorialize yourself by not growing.

Are you working on any new music or projects?

Right now, I'm working on the STFU [tour]. London and Scotty are on the roll. We're just going in, state to state, recording — recording on the bus, recording in the bathroom, recording backstage, everywhere.

When do you think that project will come out? Probably by the end of the tour. Maybe Independence Day. I don't know. I'm just talking out of the side of my neck now, but we're working.

Have you changed as a musician in the past couple of years?

I've been all over the place throughout my whole career. It's all a result of me trying to perfect my craft or perfect myself. I'm not afraid to let myself do what I want to do. I'm making songs with country artists to playing guitar, singing, whatever. Not to sound cliché, but I like new things, especially in a world where all I do is see new things and go to new places. It becomes a challenge to really appreciate the things that people don't appreciate.

On that note, can you tell me about "Both of Us," the 2012 duet you did with Taylor Swift?

I got a text one day and it said, "I know you're probably not going to believe me, but this is Taylor Swift." She said she got [my number] from Hayley [Williams, of Paramore] and she wanted me to come out to perform. I got to Dallas, she sang the hook to "Airplanes," and

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that night, I played her "Both of Us." She was like "Oh my God, I love this, we have to do this." We ended up doing the song, so I [joined] her on-set again in Atlanta. The Cowboys Stadium holds like 80,000 people. If you've never heard 80,000 6-year-old girls screaming at the top of their lungs, there's nothing that sounds like that. You have to wear ear plugs.

Has your huge social media presence affected your ability to write or make music?

First off, social media used to be called "new" media. Now it's just "regular," and having a smartphone and Twitter account, all that is normal. It's become so integrated that it's hard not to combine the social media presence with your music — you can't ignore it. I can't ignore my social presence because I'm so vocal on the Internet. You remember in the '90s, we found out about s—t from the news or a little news insert in between music videos? That was it. Now, when it comes to culture, everything is so instant. If something becomes a trend anywhere in the world, it's instantly anybody's trend.

Lizzy Caplan: Yes, women are funny

The "Now You See Me 2" star is sick of people grumbling about female-driven comedies.



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Lizzy Caplan hasn't done many blockbusters. "Cloverfield" aside, it's mostly TV or comedies: "Party Down," "Masters of Sex," "Bachelorette" and "Mean Girls." With "Now You See Me 2" she takes a detour into a splashy globe-trotting thriller, playing a new addition to the "Four Horsemen," the Robin Hood magicians played by Jesse Eisenberg, Dave Franco and Woody Harrelson. And yet Caplan says it felt like making one of those raucous comedies, everyone doing their best to crack each other up. The actress, 33, talks about magic tricks and that teeth-grindingly annoying question: Are women funny?

Did you pick up any magic tricks during this?

I did learn a few parlor tricks. Unfortunately when I bust them out in front of my friends they totally dismiss them. "Oh, you did a magic movie, you think you can do magic." Even when I pull off the trick perfectly, they don't buy it.

In this movie, your character spends a good chunk of the movie mocking the casual sexism of the other characters — like when they ask if you'll be OK riding a motorcycle but don't ask, say, Woody Harrelson.

Exactly. And a lot of that stuff we just added as we were going along. I felt really strongly — since she's the only female Horseman — about not making her purely eye candy or, even worse, a straight man to the guy's zany antics. I



GETTY IMAGES

wanted her to be annoying, really. They let me be overeager and kind of irritating. And she's kind of aggressive towards [romancing] Dave Franco's character, which you don't see too often.

You get some weird asides and even get to fake-cut your arm with an electric knife.

[Director] Jon Chu would let me go and improvise and say whatever I wanted in later takes. We called it "milking it." He'd call out, "Milk it!" and pretend to milk a cat or something. I could go off and say all kinds of stupid s—, just to make my co-stars laugh. But I thought they'd cut that out, because it was too much and they would try to jam the character into a more familiar box. But they really left a fair amount of it in. In a way I felt more comedic freedom on this than on a lot of comedies.

Of course, we still have to have that discussion about whether women are funny or not.

I know, ugh, god. Yes, I think it's changing, but it's changing at such a snail's pace that it's hard not to be consistently disappointed



Lizzy Caplan (with Dave Franco) joins the gang of Robin Hood magicians in "Now You See Me 2." JAY MAIDMENT

by it. "Bridesmaids," for example, worked great. So that restarted the conversation — "women being funny," which makes me want to bash my head into the wall. And then "Trainwreck" did really well. But still, it feels if "Ghostbusters" doesn't do well then they're not going to have

female-driven comedies for awhile again. It's this neverending quest to prove that women can be funny. It's so exhausting.

And then we get men's rights advocate dudes posting videos about how they're not going to see "Ghostbusters,"

only because the trailer wasn't funny.

Trailers are bad sometimes! And "Ghostbusters" — fingers crossed — will be good. But I feel like all the elements are in place: Paul Feig directing, all those girls are amazingly hilarious. How is that not going to be funny?

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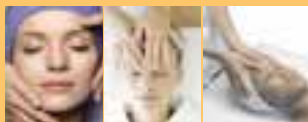
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Empathy fuels success

A new book aims to help the next generation find fulfillment.

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By now, it's a well-worn argument: The allures of technology have basically taken our attention spans hostage.

What's more frightening is that it's eroding our ability to empathize, argues Michele Borba in her book "UnSelfie: Why Empathetic Kids Succeed in Our All-About-Me World." Borba's premise is straightforward: Empathy is crucial to successful relationships, leadership and overall wellbeing. It's a learned behavior, and one that needs extra practice in an age of self-absorption.

"You practice saying, 'Hey, that looks wrong' by face-to-face interaction. You don't learn it

by a screen," says Borba. "The more we're plugged in, the more our empathy can wane if we're not deliberately tuning it up."

Role play

One of Borba's most timely points is that "empathy is probably our best strategy for combating sexism and racism." And — hard as it is — let's say it's your kid who's the bully lacking empathy. Instead of a timeout, which "doesn't help children learn acceptable behavior or consider the feelings of those they hurt," Borba points out, get them to step into another's shoes and re-enact positive behavior. "Say you're disappointed and why," she says.

Unplug

Because online communication lacks intonation

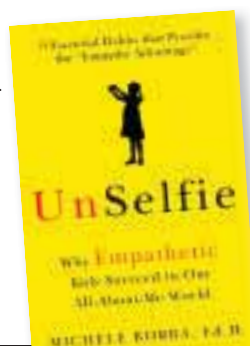
and tone, "you're not getting the perspective of where the person is coming from — that's the cognitive side of empathy," says Borba. One way to flex that empathy muscle is simply by pointing out emotions and their physical manifestations. It starts with, "Oh, Daddy is

sad because Daddy's face has a frown," says Borba. This translates to the playground, where kids are then better equipped to point out bullying when they see it.

Connect face-to-face

Borba describes a young child with behavioral

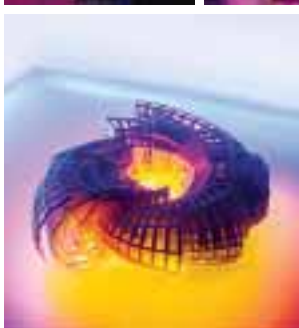
issues who developed empathy when his caretakers let him hold a baby. It was a moment of "compassionate conversion" — meaning the child saw how considering someone else's needs helped him understand his own. When kids see the positive consequences of empathy, says Borba, they feel empowered.



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College dorms a new front in U.S. battle over transgender rights

As lawmakers across the U.S. battle over whether to allow transgender Americans to use public restrooms that match their gender identities, universities are scrambling to ensure dorms meet federal standards.

At a time of year when the nation's 2,100 residential colleges and universities are sorting out student housing assignments, they also are poring over a May letter from the Obama administration that thrusts them into the national debate on transgender rights.

Known as the "dear colleague" letter, it makes clear that federal law protects transgender students' right to live in housing that reflects their gender identity.

Schools that fail to provide adequate housing to transgender students could face lawsuits or the loss of any federal fund-



Things are a-changin'. ISTOCK

ing they rely on.

Although hundreds of universities had begun to offer gender-inclusive housing in response to student demand in recent years, many are now reviewing or expediting their plans so they can provide the option to incoming students for the

first time this fall.

The policies are intended not only to accommodate transgender students, university officials say, but to help siblings, gay students who want to live with straight friends of the opposite gender or simply groups comfortable with mixed-

gender housing.

"There are certainly some transgender students for whom it matters a lot but if it's a gay man whose best friend is a lesbian and they decide they want to live together, this is an option," said Demere Woolway, director of LGBTQ life at Johns Hopkins University in Baltimore.

College officials interviewed also emphasized they have no plans to phase out gender-segregated housing.

"We have students ... who want to maintain spaces where they are with people who have the same gender identity," said Elizabeth Lee Agosto, senior associate dean of student affairs at Dartmouth College in Hanover, which has offered gender-inclusive housing since 2007. "It's important to have the full spectrum." REUTERS



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You don't need to constantly hustle in this economy, as it turns out. **ISTOCK**

The biggest myths about the hustle economy

A lot of folks have to take on a range of gigs to pay the bills — and that's OK.

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Hustlers — you know, those cutthroat, scheming, do-what-you-gotta-do-for-a-buck types — historically don't have the best reputation. But now that just over a third of U.S. workers are part of the "hustle economy," the word is being reclaimed by freelancers, creative types and innovative opportunity seekers who don't just find niches, but create them.

You know: hustlers. Editor, producer and creator of the popular blog "I Love Charts" Jason Oberholtzer gathered a bunch of hustlers (writers, producers, filmmakers, comedians, and startup founders) to pen essays about the grind in "The Hustle Economy: Transforming Your Creativity into a Career." Drawing from the collection, Oberholtzer busts a few myths about hustling for a living.

Myth No. 1: "Making it" means you earn a living being creative

Most hustlers take on a range of gigs to pay the bills. They may never subsist solely on earnings from their creative endeavor, which is why the bar for "making it,"

says Oberholtzer, "should be set lower in terms of finance, but also in terms of output. What I mean by that is, to call yourself a creative person, — say, to call yourself a musician — you need to earn 100 percent of your money doing creative things that you need to be doing. That's the myth," he says. The truth? Many composers who've made it also teach or develop music theory textbooks, among other pursuits.

Myth No. 2: Talent equals success

Drive and talent are prerequisites for hustling success — but not guarantees. Privilege plays a huge role: "If you have a day job, and you have to pay off your student loans, then you're going to have to do a lot of your own work to provide yourself with opportunities," says Oberholtzer. But a financial leg up is only part of it, says Oberholtzer. "Privilege is also just having access to intelligent voices who can help you navigate the challenges," he says. In other words, being part of an artistic community is a form of privilege, too.

Myth No. 3: If you're not successful, it's because you're not trying hard enough

Because hustlers are proactive doers, it's easy

for them to internalize external road bumps as personal failings, says Oberholtzer: "We stew in that too much because as self-sufficient people, we are used to being able to solve our own problems." The solution? Cut yourself some slack. "Treat yourself better, treat your body better, give yourself a break. Understand if your creative relationships are helping you or not helping you."

Myth No. 4: The hustle is risky and unstable

Oh, the irony. Besides creatives, the hustle economy comprises people who had big dreams of cubicle dwelling "stability," but ended up making due. So which path is really riskier?

"Whenever anyone asks, 'Don't you want the security of a full-time job? Aren't you afraid? How are you doing that thing you do?' Kindly remind them of how fickle the business world is, how disrupted — to borrow a terrible tech term — most industries are at this point," Oberholtzer says. "And [given] the dangers of being beholden to any one particular employer — the only way to have a job security is to be above the success or failure of any given project, specifically, any given company."

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BURKE: KEEP POLITICS OUT OF SPORTS

MATT BURKE

OPINION

Matt Burke is the National Sports Editor and a columnist at Metro US.

Follow him on Twitter @burke_metro



Two of the greatest athletes in the history of North American sports died a week apart. Boxing legend Muhammad Ali and hockey superduper-star Gordie Howe are sadly no longer with us.

The two were entirely different when it came to openly discussing politics. Ali became the most recognizable face in the world for a time period mostly because of his dislike for the way America was. He refused to go to Vietnam and was convicted of draft evasion. He was banned from boxing because of it, losing over three years of his prime. He owned one of the most famous quotes from that time period: "No



Muhammad Ali was notoriously outspoken, while Gordie Howe was as nonpolitical as it gets. GETTY IMAGES

VietCong ever called me n—."

Ali was the most outspoken athlete of all-time when it came to politics. Gordie Howe? Not quite. I Googled "Gordie Howe Democrat," "Gordie Howe Republican," and "Gordie Howe politics" and came away clueless about his political stance.

When Ali died, we got a week's worth of media blowhards begging for a current megastar athlete to openly discuss politics the way Ali did.

"LeBron, how do we defeat ISIS?"

"Aaron Rodgers, what's your take on Trump and his plans to

build a wall?"

"Cam Newton, are you 'Ready for Hillary'?"

Of course, the people who are calling for these famous athletes to 'finally speak up' are the same ones who would immediately slam Tom Brady if he campaigned alongside his

buddy Trump, and they're the same ones who would roll their eyes if Stephen Curry rambled on for 30 minutes about gun control in an NBA Finals pregame press conference.

We live in an era where if you post a political message on Facebook or Twitter, you had

best be prepared to spend an hour of your time replying to the pissed off people who disagree with you. Ya, the debate is fine. It's great that we live in a country in which we are allowed to debate. But, seriously. What is in it for a major pro athlete in 2016 to join this debate?

More important, what is in it for us—in the real world—for a major athlete to speak up regarding real life issues in 2016?

Guys like LeBron do not have a clue what the real world is like in 2016, so why in the world should we pressure him to speak about it? He's a guy who was on the cover of Sports Illustrated when he was 17 years old, and he's a guy who hasn't heard the word "no" since around 1992. This is not his fault, of course. It's just the way it's been in this country for some time.

Just know that growing up in the 1980s and '90s like LeBron did is far different from growing up in the 1940s and '50s like Ali did. Ali dealt with real-life issues every single day. LeBron has been shielded from real-life issues for decades now.

Now, I despise the idea of censorship, and I agree that we live in a country right now that has far too much censorship. But I'm absolutely fine with today's pro athlete shutting his or her mouth and just "sticking to sports."

We have far too much misinformation in this country as it is. We really don't need rich pro athletes to add to the political drivell.

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Back in the Bronx



Hideki Matsui (who can still drive the ball out of Yankee Stadium) and Reggie Jackson were just two fan favorites who returned to play in the Yankees' annual Old-Timers Day. GETTY IMAGES

MALUSIS: CC SABATHIA DESERVES A TIP OF THE CAP FROM YANKEES FANS



It's time to give credit to CC Sabathia for turning himself once again into a serviceable starting pitcher. GETTY IMAGES

If you have not been paying attention, and based on the attendance numbers at Yankee Stadium you have not, it is time to give CC Sabathia a tip of the cap.

In 10 starts this season, he is 4-4 with a 2.28 ERA. He only has gotten 59 1/3 innings of work, so he has not thrown enough innings to qualify in the ERA race, but he is just a few innings away from qualifying. As we sit here right now, he has the fourth-best ERA among starters in the American League.

Let me say that again, Sabathia has the fourth-best ERA among starters in the American League!

It is an amazing resurgence from a man that many, including myself, had given up on. He has dealt with the consistent conversation of his weight over the course of his career. He has certainly, very publicly, dealt with his battle with alcohol as he entered rehab before the Yankees playoff appearance at the end of last season. He continues that battle every single day for the rest of his life.

So we are looking at an athlete who has reinvented himself as a pitcher and a human being right before our very eyes. He no longer throws the baseball in the upper-90s. He can't just rely on velocity to dominate a particular lineup. He had to find another way. It has not been an easy transition for Sabathia as he has been largely ineffective for the past few years. In 2013, in 32 starts he was 14-13 with a 4.78 ERA. The year 2014 was

OPINION



MARC MALUSIS
@marcmalusis

lost as he made just eight starts and went 3-4 with a 5.28 ERA and was done for the season in early July because of a knee injury. In 2015, in 29 starts, the big lefty went 6-10 with a 4.73 ERA.

Looking back, though, maybe we should have realized that Sabathia had turned a corner a year ago as he finished the season pretty strong. In August he threw to a 3.80 ERA. In September, he threw to a 2.25 ERA and his lone start in October was very good. Remember back to last season as it was the knee brace that he said helped stabilize his right knee and helped to turn around his season? It allowed him to put his full weight on his knee, which allows him to finish his pitches and have better control as well.

That trend has continued this season as Sabathia has been brilliant.

Coming into this season, Sabathia was owed \$50 million through the 2017 season. The contract was viewed as an albatross, one of many, mind you. It was thought that he was yet another example of a guy who was being paid for what they were and not what they are.

I am not saying that he is now worth every single dollar that is coming his way. I am also

not going to tell you that he is the definitive ace of this team moving forward for the rest of the season. What I am saying is that you wanted to see CC Sabathia reinvent himself as a starter and he has.

Many thought he needed to be relegated to the bullpen and should be used as a lefty specialist. He stayed in the starting rotation and he has thrived and has pitched brilliantly and he needs to be commended for it.

At one point in time, many felt there was a good chance that he could get to 300 career victories. As I write this column, he sits at 218 career victories and at age 35, you will be hard pressed to convince me that he will get close to a number that at one point seemed realistic.

But that is an argument for another day. What I do know is this: Sabathia has done what many thought was the impossible and made himself relevant again. He is getting paid like an ace and he has pitched like one.

He has reinvented himself on the mound and in life. He deserves more credit for the latter, than the former, but both should be commended. In his last six starts, he has not allowed more than two runs in any of those starts. He has been that good.

As we sit here in June, the Yankees are hovering around the 500-mark and Sabathia is one of the reasons why. He has earned the cheers with his performance this season. Stories like this is why I love sports.

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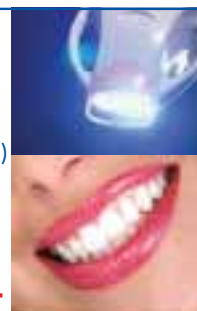
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NOTICE IS HEREBY GIVEN that a license, Number 1294904, for Beer, Wine & Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail under the Alcoholic Beverage Control Law at 178-23 Hillside Ave., Jamaica, NY 11432, Queens County, for on-premises consumption. Fitz J Group Inc.

NOTICE is hereby given that effective immediately, the waiting lists for 931-933 Columbus Ave. HOF at 931-933 Columbus Ave. NY, NY and One Eighteen HOF at 269-271 West 118th St. NY, NY 10025 are closed due to a high volume of applications received by the HOFs. The HOFs will not be accepting any new applications until the waiting list reopens at an unspecified later date. Questions can be directed to Manhattan Valley Mgmt Company, Inc. by calling (212) 678-4410. Ext 900. Callers will be required to leave a voicemail.

NOTICE IS HEREBY GIVEN that a license, Serial # 1294913, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail under the Alcoholic Beverage Control Law at 83 N 7th St., Brooklyn, NY 11249, Kings County, for on premise consumption. Doc Wine Bar 1st Ave Inc.

NOTICE IS HEREBY GIVEN that a license, Number 1286280, for Beer, Wine & Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Restaurant under the Alcoholic Beverage Control Law at 269 5th Ave., Brooklyn, NY 11215, for on-premises consumption. Jakery LLC.

NOTICE IS HEREBY GIVEN that a license, Number 1291618, for Wine has been applied for by the undersigned to sell Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 39 E. 31st Street, New York, NY 10016 for on-premises consumption. Akura Sushi Inc.

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NOTICE OF FORMATION of RIBOPROPERTY LLC. Articles of Organization filed with the Secy. of State of New York (SSNY) on 04/26/2014. Office location: New York County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 19 Howard Street, New York, NY 10013. Purpose: any lawful activity.

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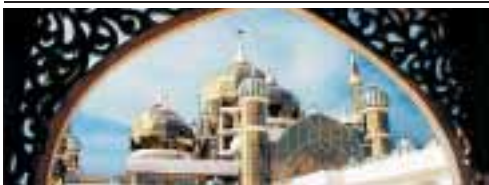


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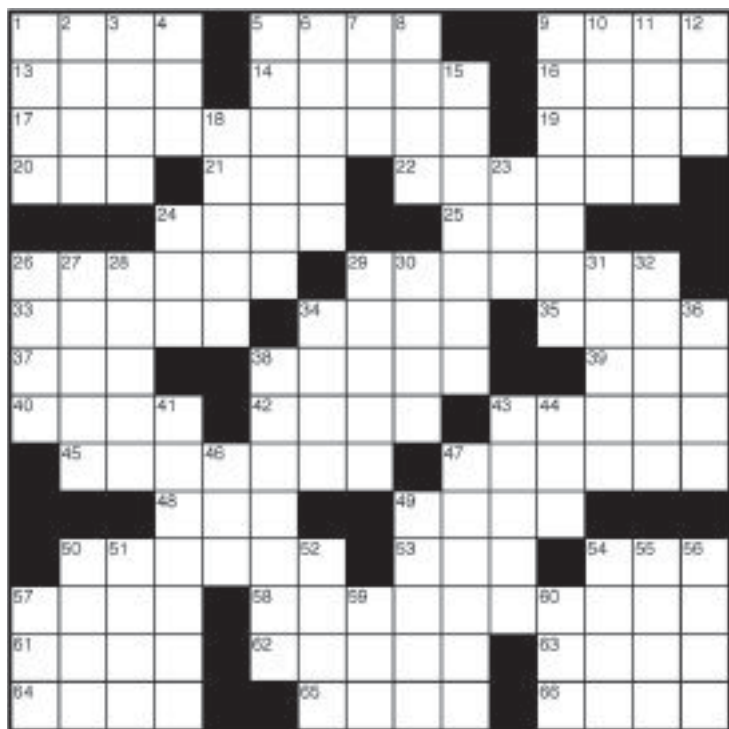
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Across

- 1 Polishes
- 5 Iffy attempt
- 9 Salty replies?
- 13 Retirees' kitties
- 14 Mattress parts
- 16 Have it —
- 17 Coin-op business
- 19 Lamb's alias
- 20 "Nightmare" street
- 21 Fleming or Woosnam
- 22 British hood
- 24 Atlas contents
- 25 Billy the —
- 26 Squirrel's hoard
- 29 Grad student's grant
- 33 Hoist
- 34 Foretelling
- 35 Crack of —
- 37 Annex
- 38 In-between
- 39 Plunging neckline
- 40 A Baldwin
- 42 Seasonal libations
- 43 Aussie minerals
- 45 Ravines
- 47 Jackhammers
- 48 — Kippur
- 49 Police squad
- 50 Wasted ticket (hyph.)
- 53 Famous Khan
- 54 Dry, as champagne
- 57 Scream and shout

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- 58 River rock?
- 61 Movie terrier
- 62 Is entitled to
- 63 Musician Brubeck
- 64 Liverpool poky
- 65 Carnivore's delight
- 66 The — the limit!

Down

- 1 Annoy
- 2 Eurasian range
- 3 Tree, to Fritz
- 4 FICA number
- 5 Bits of food
- 6 Bugs Bunny and Popeye
- 7 Intend

- 8 Be indiscreet
- 9 Changed, as a law
- 10 New England campus
- 11 Prevent errata
- 12 Bounding main
- 15 Plying a poker
- 18 Anchor — Sawyer
- 23 Tweak
- 24 Fem. honorific
- 26 Region
- 27 — Lily
- 28 Tanker
- 29 Hazy conditions
- 30 Decades
- 31 Type of blockade
- 32 Live
- 34 Melville opus
- 36 Monster's loch
- 38 From now on
- 41 Snowflake
- 43 Black-and-white whales
- 44 Fruit pastry
- 46 Cry of wonderment
- 47 Process food
- 49 Merv's hostess
- 50 Apollo acronym
- 51 Well-aware of
- 52 Kapow!
- 54 Overcharge, slangily
- 55 Greed's cousin
- 56 High notes
- 57 Scott Joplin piece
- 59 Vexation
- 60 NFL events

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easy

	2				5			3
					1			4
5		7			2		1	9
			4				9	6
		2	5		8	4		
7	9				3			
1	7		8			6		2
8				3				
2			6				5	

hard

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6		5			8			3
			3					6
	9		6					1
	6						3	
7					3		6	
2					9			
4			8			6		7
		7	2	6		8	1	

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Taurus Weigh what's being offered carefully. An empty promise will take up valuable time. Invest in your skills, talents and innovative ideas, and work on your own projects.



Gemini Do whatever you can to improve your surroundings. You don't have to spend money to have fun or win approval from others. You have more to offer people than mere cash.



Cancer Bide your time. Don't get emotional when dealing with partnership matters. Keeping a clear head will be necessary if you want your ideas to be considered.



Leo Talk to people who can help you make your dreams come true. A change in the way you present what you have to offer will pay off. Romance is encouraged.



Virgo Proceed with caution. You will face opposition if you are too vocal regarding your intentions. Get everything up and running before you share your plans.

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Libra Make plans and follow through with them. Your ability to formulate an idea and put it into play will help you gain confidence and the support you need to succeed.



Scorpio You need to make your plans financially feasible. It's OK to dream, but efficiency and expense will be factors if you aren't realistic. Build slowly.



Sagittarius You should beef up your resume to fit the current economic trends, but be honest about what you can offer an employer. Opportunity will be yours, so you'd better be prepared.



Capricorn Don't give in to someone in order to keep the peace. Someone using emotional tactics is best treated firmly if you want to come out on top. Ask questions.



Aquarius Don't play games. Make up your mind and stick to your plan. You'll gain respect and impress a loved one if you are straightforward about what you want.



Pisces Demands that are difficult to meet will be made. You should put more money and effort into an investment that will help you get ahead. Call in favors if it will help you. EUGENIA LAST

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